

## The Psychological and Social Impacts of Climate Change: A Review of the Current State in Canada

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**Abstract :** The effects of climate change impact the environment and our physical health but also demonstrate a growing risk factor for Canadians' individual and collective mental health. Past research and expert predictions are discussed while exploring the connection between mental health concerns and climate change consequences, resulting in a call to action for psychological sciences to be integrated into solution planning. With the direct and indirect effects of climate change steadily increasing, political and legal aspects of sustainability, as well as the repercussions for mental health being seen in Canada regarding climate change, are investigated. An interdisciplinary perspective for reviewing the challenges of climate change is applied in order to propose a realistic plan for how policymakers and mental health professionals can work together moving forward in applying interventions that mediate against the effects of climate change on Canadians' mental health.

**Keywords :** climate change, mental health, policy change, solution planning, sustainability

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